

## Nutrition Facts

Serving Size 1 EA/Portion

Breakfast, Omelet Veggie

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### Amount Per Serving

**Calories** 421.5

Calories from Fat 264.3

**% Daily Value\***

**Total Fat** 29.6g **46%**

Saturated Fat 13.5g **68%**

*Trans* Fat 0g

**Cholesterol** 526.9mg **176%**

**Sodium** 513mg **21%**

**Total Carbohydrates** 9.1g **3%**

Dietary Fiber 1.4g **6%**

Sugars 3.7g

**Protein** 30.6g

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Vitamin A **0%**

Vitamin C **0%**

Calcium **1%**

Iron **0%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.